

VANCOUVER

metro®

Tuesday, November 15, 2011
www.metronews.ca



News worth sharing.

MEMBERS GET

AWESOME BENEFITS
FROM DAY 1.

FLIGHT CENTRE
Unbeatable

hotels.com



zipcar



H&M

sambadays.com
Gift experiences

Skullcandy



IT'S BETTER TO BE A MEMBER

A MESSAGE FROM VANCOUVER FIRE FIGHTERS (LOCAL 18)

Your Vancouver Fire Fighters know how important it is to have a voice in City Hall. Someone who is willing to listen and act on your concerns for public safety, and the many other issues that face our city. We have interviewed the candidates and left the political party names outside the door.



PUBLIC SAFETY SHOULD BE A TOP PRIORITY



**THIS SATURDAY
WE RECOMMEND YOU**



VOTE FOR:

FOR MAYOR

ROBERTSON, Gregor

FOR COUNCIL

BICKERTON, Sean

CARR, Adriane

DEAL, Heather

JANG, Kerry

LOUIE, Raymond

MEGGS, Geoff

REIMER, Andrea

STEVENSON, Tim

TANG, Tony

WOODSWORTH, Ellen

**Please cut this out and take it
with you to your polling station**



LUNCH RUSH
BLACK + BLUE A
CARNIVORE'S DELIGHT
{page 19}

LEARNING CURVE
WHAT'S NEW AROUND
B.C. CAMPUSES
{pages 25-31}



POST-GRADS
HARRY POTTER CAST
PONDER'S LIFE AFTER
HOGWARTS {page 16}



VANCOUVER

metro®

Tuesday, November 15, 2011
www.metronews.ca



News worth sharing.

'My body belongs to me'

- Court hears deceased man's affidavit seeking option to die with dignity
- Trial challenging Canada's assisted-suicide laws expected to run for five weeks

Although Peter Fenker died last month after a long bout with Lou Gehrig's disease, his voice was still heard yesterday as a trial challenging Canada's assisted-suicide laws got underway at the B.C. Supreme Court in Vancouver.

Joe Arvay, the plaintiffs' lawyer, read out Fenker's affidavit about his body wasting away from ALS and his wish to have had an option to end his life in a "dignified way."

"My body belongs to me, and it always will. The government should not be able to tell me what I can do with my body. The government should not be able to control my body."

Arvay said there are now new legal arguments and evidence supporting the right-to-die argument since the Supreme Court of Canada rejected Victoria resident Sue Rodriguez's application for the right to assisted suicide in a 5-4 decision in 1993.

Fenker also described how he couldn't even scratch his head, turn the pages of a newspaper or digest food without medication.

"I still have my mind, but it is a terrible thing to be a mind trapped in a wasted body. There is no future for me."

The affidavit of Fenker's wife, Grace, was also read to Justice Lynn



► Gloria Taylor, a 63-year-old woman from Kelowna with ALS, or Lou Gehrig's disease, is expected to take the stand next month for the dying-with-dignity lawsuit at the B.C. Supreme Court.

Smith, describing her husband's final four days in the hospital.

"It was a horror to watch Peter labour to die. Four days may not sound like a long time, but it is a painful eternity when you are helplessly watching your beloved husband suffer.

"I will never forget the pleading look in his eyes as he asked me to help him and there was nothing I could do."

The 71-year-old retired logger said in his affidavit that he even

considered shooting himself, but decided he couldn't die in such an ugly manner because he didn't want to hurt his family.

Fenker was a friend of Gloria Taylor, a Kelowna woman also suffering from ALS and one of the five plaintiffs hoping to amend Canada's laws.

"It's important for the court to hear very much the human side of this case because the court's going to hear a lot of expert evidence, but at the end of the day this case is

about real people," Arvay said outside court.

Federal lawyer Donnaree Nygard said during her opening statement that while the court will hear heart-wrenching stories, it "does not mean that we should euthanize (people) because there are other individuals that would be put at risk."

Striking down the laws as unconstitutional would also open up the risk for elder abuse, she added.

● PHYLICIA TORREVILLAS

Civic election

Money talk

► Robertson blasts rival's platform ► Says NPA promises would require deep cuts or higher taxes {page 2}

Saldana going single

Actress splits from fiancé after 11 years together {page 17}



Welcome wearing out?

Majority of locals hold 'unfavourable' opinion of Occupy Vancouver, polling finds {page 4}



OFFICIAL LASIK SURGEON

kingLASIK

\$1500

LASIK or PRK
Both eyes

"All Laser LASIK" available at an additional fee. Not to be combined with other offers. Subject to change without notice.

kinglasik.ca

604.433.3248

Over 15 years experience — JOSEPH W. KING, MD



1 news



In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan the code.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Canada's new \$100 note is a major technological and esthetic departure. Watch a video of the bill's unveiling at metronews.ca/video

Follow us on Twitter @vancouvermetro

J.J. MCCULLOUGH/FOR METRO



THE RACE FOR BURNABY DEREK CORRIGAN

With over a quarter-century of experience on Burnaby city council, the outspoken and left-leaning Derek Corrigan has long been a familiar face in Lower Mainland municipal politics. First elected mayor in 2002, he is now seeking his fourth term.

On the pay of city workers: Government workers' wages go under attack any time there's a recession. When the private sector is not booming, people involved in the private sector become very jealous of the wages that public-sector employees are making. **On the multiculturalism of Burnaby:** Our city is so diverse that we're not dominated by any one ethnic group — everyone has to consider themselves a minority in Burnaby. And part of being a minority is working to be-

come part of an integrated majority.

On the controversy over what Burnaby children are learning about homosexuality:

Teachers have to be able to give a safe environment for kids, and teachers need to be able to explain to children that the (homophobic) terms they might be using are offensive. And for a child to understand what you mean, it may require you to explain that a homosexual is someone who has relationships with their own sex.

On his feuds with the provincial government:

Many other mayors across the Lower Mainland feel exactly the same way but are

often reluctant to be as vociferous and outspoken as I am. There wasn't a mayor in this region who thought it was a good idea for the provincial government to take over TransLink and appoint a private board.

On being an NDP supporter: Everybody knows Dianne Watts is a Liberal, but she doesn't get much flak for that. She's a darling to the media. She doesn't get "Well, you're really a Liberal running under Surrey First. You're friends with Kevin Falcon." She doesn't get that. I do because the press says, "Ah, you're a dirty New Democrat! Oh my God!" So I get it all the time, but it's never landed on anyone else.

● J.J. MCCULLOUGH IS A CARTOONIST AND POLITICAL COMMENTATOR. VISIT FILIBUSTERCARTOONS.COM.



Read the full interview online at metronews.ca/vancouver

Promises don't add up: Mayor

► Vision Vancouver attacks NPA experience and platform costs ► Anton promises to cap city spending and link increases to growth ► NPA leader says she won't raise taxes



MATT KIELTYKA
@METRONEWS.CA

Fiscal responsibility was Vancouver's election issue of the day after Vision Vancouver accused the Non-Partisan Association's platform of making "reckless promises."

Incumbent Mayor Gregor Robertson said NPA

promises — such as a downtown streetcar and improvements to facilities and public spaces — could come at a capital cost of nearly \$400 million.

"Voters have to ask the hard questions — how will they pay for this?" Robertson said.

He said an NPA government would be forced to make deep cuts in city

services or "raise taxes to unprecedented new heights" to deliver on their promises.

NPA mayoral challenger Suzanne Anton maintains the opposite, adding the NPA is the most fiscally responsible organization.

Her platform includes a spending cap linked to inflation and population

"Gregor Robertson thinks the only way to raise money is through taxes, but I'm not going to do that."

NPA CANDIDATE SUZANNE ANTON

Anton balked at the suggestion she would raise property taxes.

"I'm not going to raise property taxes to pay for these initiatives," she said.

Anton insists her big-ticket streetcar would be funded through private partnerships.

The municipal election is Saturday, Nov. 19.

growth, and a freeze on the mayor's office budget and council salaries.

COPE urges end to carbon payments

School board candidates from the Coalition of Progressive Electors and Vision Vancouver are urging the provincial government to stop forcing the Vancouver Board of Education to pay carbon offsets.

COPE says the board paid \$405,000 in offsets last year, while the Pacific

Carbon Trust redistributed the money towards projects like heating improvements to the Westin Whistler Resort and Spa.

"We just don't have \$405,000 a year to give away to make big business more energy efficient," said COPE trustee Allan Wong. ● MATT KIELTYKA

Robertson ahead in election poll

Gregor Robertson remains the front-runner in the race to be Vancouver's mayor, a new poll suggests. The Angus Reid Public Opinion poll, released yesterday, found 29 per cent of respondents prefer Robertson with his Vision Vancouver party. ● MATT KIELTYKA

Civic spending out of hand: Report

Municipal spending in British Columbia has ballooned to nearly four times the rate of population growth, according to a new report.

The Canadian Federation of Independent Business released its fourth annual spending watch yesterday and said cities

are spending more money than ever.

Specifically, Vancouver has seen a 25 per cent increase in spending per capita growth.

Other Lower Mainland municipalities range from increases of 61 per cent (District of Langley) to 24 (Burnaby). ● MATT KIELTYKA



Super fast.
Super thin.
Now in white.

Samsung GALAXY S II™ 4G superphone 

Introducing the stunning Samsung Galaxy S II™ 4G superphone, now in white. With a dual-core processor and super fast speeds of up to 21 Mbps (expected average speeds of 3.5 – 8 Mbps),¹ you'll be able to surf, stream and share faster than you ever thought possible. It has a stunningly vivid, 4.3" Super AMOLED Plus screen, an 8MP camera and a 1080p camcorder. And all this is packed into a cutting-edge, ultra-slim design. Get it on the best network across Canada and make the most of this superphone.²

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell being with
Bell just
got better

Available at the following
Bell stores:

LOWER MAINLAND

ABBOTSFORD
Sevenoaks Shopping Centre

BURNABY
Brentwood Town Centre
Brentwood Town Centre (kiosk)
Lougheed Town Centre
Lougheed Town Centre (kiosk)
Marine Way Market
Metropolis at Metrotown

CHILLIWACK
Cottonwood Mall

COQUITLAM
Coquitlam Centre

CRANBROOK
First Pro Cranbrook

DAWSON CREEK
600 - 113TH Ave.
Dawson Mall

DELTA
Scottsdale Centre
Sunshine Village

FORT ST. JOHN
7920 Alaska Rd.
Totem Mall

LANGLEY
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Queensborough Landing

PITT MEADOWS
Meadowtown Centre

RICHMOND
Aberdeen Centre
Richmond Centre

SURREY
13630 - 72 Ave.
8363 - 128th St.
Clover Square Village
Guildford Town Centre
Nordel Crossing
Panorama Village
Semiahmoo Shopping Centre
Surrey Central City Mall

VANCOUVER
420 Robson St.
1100 Robson St.
698 West Broadway
1588 West Broadway
1008 West Georgia St.
2154 West 4th
Capilano Mall
Chinatown Plaza
Lynn Valley Centre
Oakridge Centre
Pacific Centre
Park Royal S.

OKANAGAN

KAMLOOPS
Aberdeen Mall
Landsdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

VERNON
Village Green Mall

VANCOUVER ISLAND

NANAIMO
Woodgrove Centre

VICTORIA
Bay Centre
Hillside Shopping Centre
Mayfair Shopping Centre
Westshore Town Centre

Also available at these retailers:



Available with compatible devices within network coverage areas available from Bell Mobility. Other conditions apply. (1) Actual speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) With compatible devices. Based on comparison of national networks: (a) fastest network in more places, according to tests of average upload and download speeds in large urban centres across Canada (b) largest network, based on total square kms of coverage, and (c) average call failure rate on par, based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ (4G) network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. Samsung Galaxy S II is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Android and the Android Logo are trademarks of Google, Inc.

enter for your chance to
WIN MORE
with prius v!



The new **Prius v** delivers the perfect combination of fuel efficiency and space. In fact, it has 50% more cargo space than Prius. To celebrate the newest addition to the Prius family, Club Metro wants you to experience more on your next vacation with a \$4,000 travel credit.

To register and for full contest details
visit clubmetro.com



priusv.ca

► The Occupy camp outside the Vancouver Art Gallery.



Occupiers fighting for the 15 per cent?

► Poll shows majority of Vancouverites see Occupy in 'unfavourable' light ► City still hoping for injunction



MATT KIELTYKA
@METRONEWS.CA

Just 15 per cent of Vancouverites want Occupy Vancouver to continue as is, according to a new poll.

Angus Reid Public Opinion released a poll yesterday on several municipal issues, and the results weren't kind for the month-long protest outside the Vancouver Art Gallery.

According to the online poll of 402 adult residents, 64 per cent of peo-

ple have an "unfavourable" opinion of Occupy Vancouver and 75 per cent want the city to either seek legal action to remove the tent city or set a firm deadline for the occupiers to leave.

In contrast, 15 per cent of respondents want the city to let the protest continue indefinitely.

The City of Vancouver is back in B.C. Supreme Court tomorrow as they seek a court injunction against the camp.

"We have a number of tools and we're looking for that next tool from

the Supreme Court," Mayor Gregor Robertson said. "We want to ensure the tent camp can move on. Those that want to continue protesting on that site are able to do that. They can, but not with a dangerous tent camp in place."

Robertson said protesters have "gone a long way towards compliance" with fire and safety bylaws over the weekend.

Safety at the camp will be the city's priority until it's in a position to shut down the tent city, the mayor said.

CFL

Infraction won't park Bruce

An apparent parking infraction involving B.C. Lions slotback Arland Bruce III triggered a brief club statement and not much else yesterday.

"There was an incident," head coach/GM Wally Buono told reporters. "We were made aware of it. Hopefully it's not any more than maybe a small irri-

tant.

"At the end of it, it doesn't affect Arland's position on the football club. We are just going to move forward."

Vancouver Const. Lindsey Houghton said privacy issues prevent police from releasing any further information.

It's unlikely there will be any further investigation into the matter or that charges will be laid, Houghton said.

The Lions players had the day off in the buildup to Sunday's West Final against the Edmonton Eskimos.

THE CANADIAN PRESS

Young giraffe dies at zoo

A young giraffe died yesterday at the Greater Vancouver Zoo in Aldergrove.

Amryn, a Rothschild giraffe born four years ago at the zoo, was discovered on the ground of his barn yesterday morning. A post-mortem was conducted, but the cause of death is still unknown.

Amryn's parents, Eleah and Jafari, still live at the zoo.

● METRO

Weekend groceries.
Lunch in Chicago.
Music online.
Sari in India.

**LIFE
ADDS
UP.**

Your finances
should too.

Now you can shop
with your debit card.
At home. And away.

SHOP WORLDWIDE WITH THE CIBC ADVANTAGE DEBIT CARD™.

Shop at stores in Canada where *Interac*® Direct Payment is accepted. With the added benefit of Visa™ Debit, you can now also shop in the U.S., internationally and at participating online retailers where Visa cards are accepted.



Use the CIBC Advantage Debit Card with the chequing account that works best for you. Earn valuable rewards with either choice.

**\$100
CASH REWARD
EVERY YEAR**

CIBC EVERYDAYPLUS™ CHEQUING ACCOUNT

Get a \$100 Cash Reward each year for using this account, plus a CIBC Savings Account and a CIBC Credit Card¹.

OR

**10,000
AEROPLAN MILES
LIMITED TIME**

CIBC UNLIMITED® CHEQUING ACCOUNT

Get a 10,000 Aeroplan® Miles Welcome Bonus, plus earn monthly miles with qualifying transactions².

aeroplan

Conditions apply. Ask for details.

Speak to a CIBC advisor today. Visit any branch,
go to cibc.com/worldwide or call 1 800 465-CIBC (2422).



**FOR
WHAT
MATTERS.**

¹To qualify for the Reward each year, the account must be open for 12 consecutive months from account open or anniversary. During each such period, you must have at least one personal CIBC Savings Account open with a positive monthly average balance each month, and an open personal CIBC Credit Card account with at least \$1,000 in total purchases. Other conditions apply. ²Open a CIBC Unlimited Chequing Account (UCA) from Nov. 1, 2011 – Feb. 29, 2012 (Feb. 15, 2012 if by phone/online), enrol in Aeroplan feature, complete qualifying transactions and make a debit purchase using your CIBC Advantage Debit Card by April 30, 2012. To earn miles monthly, complete qualifying transactions each month. Other conditions apply. ³Trademark of CIBC. ⁴Interac is a registered trademark of Interac Inc.; CIBC authorized user. ⁵Visa Int./lic. user. ⁶Registered trademark of CIBC. ⁷Aeroplan is a registered trademark of Aeroplan Canada Inc; CIBC authorized licensee of mark. ⁸Life Adds Up. Your finances should too. and Design are TMs of CIBC. ⁹CIBC For what matters. is a TM of CIBC.

United they fall

► It's been one month since the Occupy Wall Street movement went global ► We check in on camps in Metro cities across Canada ► Word from most officials: Get out

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.



Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received \$7,500 from the Occupy Wall Street organizers to help with winter prep.

Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.



Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.



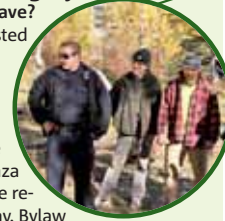
Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.



Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.



Occupy Toronto

More bark than bite? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."



Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.

PHOTOS: METRO CANADA, THE CANADIAN PRESS, TORSTAR NEWS SERVICE

Occupy Ottawa

Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.



GUARANTEED SUCCESS*

Business in Loughheed Mall for Sale

- **Located in front of Walmart**
- **Lottery Approved**
- **Low Rent**
- **Low Capital Investment**
- **Available Immediately**
- **Money Back Guarantee***

Full Support Franchise

Contact information:
franchising@internationalnews.ca
www.internationalnews.ca
Toll Free: 1-877-234-6397



* CALL FRANCHISOR FOR DETAILS

Court hears honour rant

A Montreal man charged with killing his three daughters cursed them as "treacherous" for having boyfriends and said even if they came back to life 100 times he would "do the same again," court heard yesterday.

Shafia, 58, his wife Tooba Mohammad Yahya, 41, and their son, Hamed, 20, have each pleaded not guilty to four counts of first-degree murder.

Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, Shafia's other wife in a polygamous marriage, were found dead inside a car submerged in the Rideau Canal in Kingston, Ont., on June 30, 2009.

Several intercepts, made from listening devices placed in the family's minivan, home and on Hamed's cellphone in the days leading up to their July 22, 2009, arrests were played in court yesterday. Shafia largely dominates the conversations, lamenting the fact that his daughters were dating, and rants about family honour.

Court has heard that much of the family turmoil

"Even if, God forbid, they hoist us onto the gallows ... we accept it wholeheartedly"

MOHAMMAD SHAFIA TO HIS WIFE AND SON, AS HEARD ON A POLICE INTERCEPT ONE DAY BEFORE THE THREE WERE ARRESTED

surrounded Zainab and her boyfriend, whom she married for one day, and relatives have testified that Shafia wanted to kill her. Yahya is heard on one intercept saying she knew Zainab was "already done," but she wishes the "two others" weren't.

"No Tooba, they were treacherous," Shafia says, likening them to prostitutes. "When I tell you to be patient, you tell me that it is hard. It isn't harder than watching them every hour with (boyfriends). For this reason whenever I see those pictures, I am consoled."

"I say to myself, 'You did well. Would they come back to life a hundred times, for you to do the same again,'" Shafia says on the intercepts.

THE CANADIAN PRESS

Wiretap trap

- The first half of one of the wiretaps was played for the jury last week, and Shafia and Yahya can be heard on it apparently placing themselves at the scene of the deaths, despite swearing to police they had not been there and had no idea what happened.
- They are heard on an intercept from July 18, 2009, fretting about the possibility the police had found a camera at the scene, but ultimately concluding — correctly — that the police were lying. Court has heard police said this to generate exactly the kind of conversation that followed.
- "That night there was no electricity there," Shafia says. "It was pitch darkness. You remember, Tooba?"
- "Yes," she replies.
- In the continuation of that intercept, played yesterday, the family continues discussing the possibility of a camera, but they decide if there was one, police would have found it sooner.

MEMBERS GET

UNLIMITED TALK & TEXT AND CANADA-WIDE CALLING.

Get iPhone 4S with no term contract on your Virgin Mobile SuperTab™.



iPhone



GET AWESOME BENEFITS FROM DAY 1.
Visit virginmobile.ca/unlimited



IT'S BETTER TO BE A MEMBER



Limited time offer. Available on Talk and Text plans. Taxes not included. The following monthly fees apply in select provinces for 911 emergency services: NB (\$3¢), NS (\$3¢), PEI (\$5¢), SK (\$2¢) and QC (40¢). Only valid on new activations with a 3-year term or on the Virgin Mobile SuperTab™. See virginmobile.ca/super for details. All pricing, plans and Member Benefits are subject to change and/or cancellation at any time without notice. Cannot be combined with any other offers, unless otherwise indicated. Some phone models and colours may not be available at retailers.™ and © 2011 Apple Inc. All rights reserved. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners.

The pill could be bad news for guys

► Research shows greater incidence of prostate cancer in countries where oral contraception used more often

"We're not telling everybody to quit the pill.... Further research needs to be done" DR. DAVID MARGEL

Researchers suggest there may be a link between estrogen from oral contraceptives that has found its way into the environment and rising rates of prostate cancer among men around the world.

In a study in the online publication BMJ Open, researchers at Princess Margaret Hospital in Toronto

looked at the percentage of women using the pill, intrauterine devices, condoms and vaginal-barrier contraceptives in 87 countries, then examined the in-

cidence and deaths from prostate cancer.

"Looking at these percentages, we find a strong correlation between female use of oral contraceptives at

a population level and both new cases of prostate cancer and mortality from prostate cancer," said lead author Dr. David Margel.

THE CANADIAN PRESS

WagJag.com DEAL OF THE DAY!



Buy For:
\$35

\$35 FOR UP TO 250 LBS OF JUNK REMOVAL FROM 1-888-JUNK-VAN (A \$153 VALUE)

HIGHLIGHTS

- 250 lbs of junk removal
- Includes truck, labour and disposal fee
- Save time and energy
- Avoid being a part of the TrashiNation

Regular Price: \$153.00

You Save: \$118.00

Discount:

77%



CURRENT DEALS



Buy For:
\$999

\$999 FOR 6 ZERONA BODY SLIMMING TREATMENTS AT LASER BODY SCULPTING (\$2200 VALUE)

HIGHLIGHTS

- Release 6-9 inches of fat over 6 treatments
- Non-invasive
- No downtime, painless procedure



Buy For:
\$5

\$5 FOR TWO 4-PACKS OF ORGANIMALS ORGANIC POP FROM PACIFIC TRM (A \$14 VALUE) - CHOOSE FROM 6 LOCATIONS TO REDEEM

HIGHLIGHTS

- Two 4 -packs of organic pop in cola, berry, orange and lemon flavours
- Sweetened with organic agave syrup

Visit:
WagJag.com

Hurry to WagJag.com to purchase local deals before time runs out.

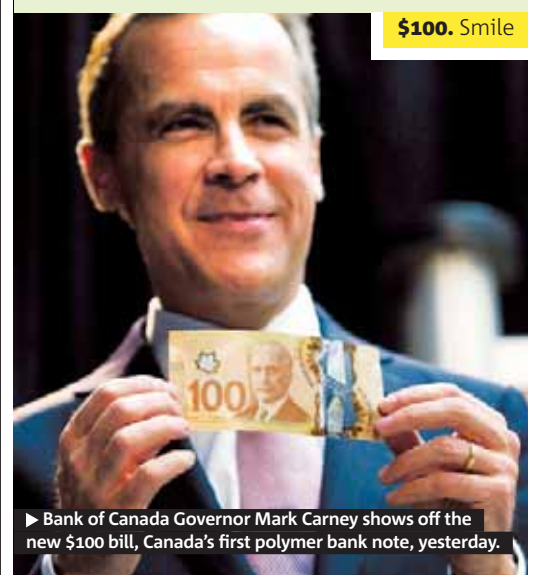
Don't quite get it yet? Visit WagJag.com

Follow us on:  

facebook.com/wagjag
@wagjagvancouver

FOR EVERY VOUCHER GIFTED, WAGJAG WILL *Donate \$1* TO TOYS FOR TOTS

VISIT THE
Holiday Gift Shoppe
WAGJAG.COM/HOLIDAY SHOPPE



\$100. Smile

► Bank of Canada Governor Mark Carney shows off the new \$100 bill, Canada's first polymer bank note, yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Note in plastic, it's fantastic

The Bank of Canada rolled out its new \$100 bills to replace the cotton-paper-blend note. The bill features a wealth of anti-counterfeiting features such as partially hidden numbers, a large, transparent window, transparent text, a metallic portrait, raised ink and a frosted maple leaf window.

Rifle demo doesn't end well for teen

A 14-year-old Winnipeg boy is facing eight weapons-related charges after his friend was shot when a gun accidentally went off.

Police said yesterday the

show-and-tell went wrong when the suspect pointed a rifle at the 14-year-old victim, mishandled the firearm and the victim was shot in the "upper body."

The victim was brought to hospital in stable condition. Police say the suspect was showing off the rifle to a group of teens and may not have intended to shoot the victim.

● CRYSTAL LADERAS IN WINNIPEG

Carol Ship Dinner Cruises

Join the spectacular Parade of Lights & treat yourself to a gourmet buffet, dancing & caroling aboard our luxurious ship, the Pride of Vancouver



From **\$44⁹⁵** to **\$74⁹⁵**
(per person plus grats and HST)

Dec 3-23/11

PRIDE OF VANCOUVER
CHARTERS LTD

Ask about
New Years
Eve!

(604) 687-5533 • www.vancouvercharters.com

Canadians are Buying U.S. Real Estate up to **70% OFF!**

NOW YOU CAN TOO... LET THE CANADIAN ADVANTAGE SHOW YOU HOW!

Canadians can take advantage of this incredible U.S. Market! This is an Investors perfect Storm. Prices, Exchange rates, Cash flow and Interest rates, make this a Once-in-a-Lifetime opportunity for Canadians to buy U.S. Condos/Houses at pennies on the Dollar! Canadians teaching Canadians! 'The Canadian Advantage' capitalizes on the Once-in-a-Lifetime U.S. Real Estate Market Time is Running Out! You don't need cash, credit or experience to take advantage of the incredible opportunity. At this special free 2 hour workshop you will learn how to find, understand, profit and create instant positive cash flow in the **FIVE HOTTEST DISCOUNT MARKETS IN AMERICA!**



Emmanuel Belliveau

Celebrity Designer TV Host

*"I have helped Canadians for years with their Real Estate needs and this is the greatest opportunity that I have ever seen for us to build wealth through the U.S. Real Estate Market. **The Canadian Advantage** shows you everything from start to finish!"*

Opportunity for Canadians to buy U.S. Condos/houses at pennies on the Dollar!



D Hot Springs, CALIFORNIA
1bed/1bath
HUGE PRICE REDUCTION
\$24,900



Condo in Mesa, ARIZONA
1 bed, 2 bath
HUGE PRICE REDUCTION
\$29,900



Las Vegas, NEVADA
2 bed, 2 bath
VALUED at \$160,000 in 2007
\$29,900



Condo in Tampa, FLORIDA
2 bed, 1 bath
VALUED at \$180,000 in 2007
\$33,900



Ocean Front Condo, MAUI
2 bed, 1 bath
HUGE PRICE REDUCTION
\$59,900

COME AND SEE THE CANADIAN ADVANTAGE FOR YOURSELF!

Bring this coupon with you to the event and get a **FREE** copy of *The Canadian Advantage* Ebook!



GET FREE EBOOK JUST FOR ATTENDING!

This is an Incredible Real Estate Opportunity in the U.S. Market.

Limited Seating! REGISTER NOW!

Call 1-800-736-4556
or at www.canadianadvantageseminar.com



GLENN PURDY...

Ex Canadian Banker,
Author, Professional and
highly sought after
speaker, International
Trainer and Coach



TRIUMPH
FINANCIAL GROUP

Monday, Nov. 21st
2 pm or 7 pm
Four Points By Sheraton
Vancouver Airport
8368 Alexandra Road,
RICHMOND, BC
V6X 4A6

Tuesday, Nov. 22nd
2 pm or 7 pm
Century Plaza
Hotel and Spa
1015 Burrard Street
VANCOUVER, BC
V6Z 1Y5

Wednesday, Nov. 23rd
2 pm or 7 pm
Sheraton Guildford
Hotel Surrey
15269 104th Avenue
SURREY, BC
V3R 1N5

THIS EVENT IS FREE! HURRY...REGISTER NOW!

► Italian right-wing party supporters hold a banner that partially reads, "No to Monti" during a protest in Rome yesterday.



Italy's PM designate steps up to plate

► Monti needs vote of confidence from political parties that seem divided

Italy's prime minister-designate Mario Monti said yesterday it is "premature" to say whether the country will require more tough measures to rescue its finances and revive its economy, as he sought enough

backing from political parties to form a government.

Two days after Silvio Berlusconi resigned, and with investors still nervous about Italy's credibility, Monti spent yesterday consulting with political par-

ties, then said he couldn't say when he would have a cabinet lined up. A few party leaders have been demanding the non-partisan Monti only last long enough to implement economic reforms, then step

down so elections can be called this spring, a year ahead of schedule. But Monti, a 68-year-old economist, made it clear that he intends to serve until spring 2013 elections.

THE ASSOCIATED PRESS

30 HP Netbooks

15 Sony 46" LCD TVs

One BMW 323i Sedan

Send money to any bank in India. Scratch a card. Win Instantly!*

Sending money to India now comes with incredible benefits!

ICICI Bank Canada's 'Send, Scratch & Win' Contest* is back. Send C\$ 500 or more to any bank account in India via ICICI Bank Canada and receive a scratch card. Every card entitles you to a chance to win exciting prizes, including the grand prize, a **BMW 323i Sedan**. That's right! Just scratch the card and you could drive away with one of the world's finest cars. There are 60,000 incredible prizes to be won, including **Sony LCD TVs and HP Netbooks**.

Along with a chance to win these amazing prizes, ICICI Bank Money Transfers offers you the benefit of great exchange rates, 24/7 access and low transfer charges. Hurry and transfer money today. **This offer is valid only till February 29, 2012.**

icicibank.ca 1-888-424-2422

Branch Addresses

Ontario

- **Brampton:** 1 Bartley Bull Parkway
- **Brampton (The Gore Rd):** 4520 Ebenezer Road
- **Mississauga:** 3024 Hurontario Street
- **Scarborough:** 5631 Steeles Avenue East

Alberta

- **Calgary:** 145-4851 Westwinds Drive NE

- **Toronto (Downtown):** 350 Bay Street, Suite 101
- **Toronto (DVP):** 150 Ferrand Drive, Suite 700
- **Toronto (Gerrard Street):** 1404 Gerrard Street East

British Columbia

- **Surrey:** 7110-120th Street, Unit 110



*No purchase necessary. Contest valid from October 24, 2011 to February 29, 2012. There are 60,000 prizes available to be won with a total approximate retail value of \$8,580,899.55. Odds of winning a prize are one in one. Potential winners must correctly answer a time-limited, skill-testing question. Open to all legal residents of Canada, excluding Quebec, who have reached the age of majority. Limit three scratch cards per person per day. For complete contest rules, visit participating ICICI Bank branches or www.icicibank.ca. Images shown here are for representation purpose only.

Canada's economy on slow track: OECD

The global economy — including Canada — is on track to slow in the coming months, according to a report from the Organization for Economic Co-Operation and Development.

The OECD said yesterday its monthly index for composite leading indicators pointed "more strongly to slowdowns in all major economies" with Canada among those set to see growth drop below the long-term trend.

The Canadian economy has weathered the recession and its aftermath better than many other countries, but is still feeling the drag of a painfully slow global recovery.

Canada dropped 0.4 points in September, taking its composite leading index number to 99.4, down from 101.2 in May. The country's leading indicator has been falling for several months and dropped below 100 in August. For the OECD member countries as a whole, September's reading was 100.4, down 0.4 percentage points from August and down from 102.3 in May.

Severe debt problems in

Market moment

TSX



- 52.66
(12,224.19)

Dollar



+ 0.08¢
(98.34¢ US)

Oil



- 85¢ US
(\$98.14 US)

Natural gas

\$3.458
(- 12.6¢)

Gold

\$1,778.40
(- \$9.70)

Europe combined with slow growth in the U.S., Canada's biggest trading partner, will likely reduce demand for the natural resources that Canadian companies produce.

Bank of Canada governor Mark Carney warned that the global economy was confronted by new credit tightening due to the European debt crisis. He said it is up to the public sector to ensure there is sufficient credit available at reasonable terms. **THE CANADIAN PRESS**

MoneyProvider.com

\$500 Loan
and more

Fast,
easy and
secure

No credit refused

1-877-776-1660
www.moneyprovider.com

metro PHOTO CHALLENGE

THE WORLD IS YOUR PHOTO EXHIBIT

To submit your photos and for full contest details visit:
metrophotochallenge.com

metro

ADD UNLIMITED
DATA TO ANY
PLAN FOR

\$5/mo

**PHONES
UNDER \$50**

NO CONTRACT.
NO TAB.

UNLIMITED TALK & TEXT
AS LOW AS

**\$12.50
/mo**

PLUS
LG WINK™ ~~\$79.99~~

\$49.99

No contract. No tab.



mobilicity.ca 1-877-8MOBIL8

Taxes are extra. Limited time offer. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. Receive 'Unlimited Plans as Low as \$12.50/month' for 6 months with any new activations on a regular rate plan; and for 12 months with new activations on a regular rate plan and while on preauthorized credit or debit. All features included in each plan must originate within the Mobilicity Unlimited Zone. Premium and special numbers are excluded. Additional terms and conditions apply. Subject to change without notice. © 2011 Mobilicity. 'Mobilicity', 'Now that's smart', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

mobilicity™
Now that's smart.

**Mobilicity
Stores**

Burnaby
Station Square
Crystal Mall
Coquitlam
562 Clarke Rd, Unit E
Delta
8673 120th St, Unit B
Scottsdale Centre
New Westminster
Westminster Centre
555 6th St, Unit 135
Richmond
8180 No 2 Rd, Unit 128

Aberdeen Mall
Admiralty Centre
Lansdowne Mall
Presidents Plaza
Surrey
Central City Mall
10255 King George Blvd
Payal Business Centre
Guildford Town Centre
Vancouver
1641 Commercial Dr,
Unit 105
568 Dunsmuir St
2390 East Hastings St

6338 Fraser St
1463 Kingsway Ave
3081 Main St
530 West Broadway
Broadway & Commercial
Skytrain Station
Burrard Skytrain Station
Harbour Centre
Tinseltown
North Vancouver
Lonsdale Quay
144 Chadwick Court

**Mobilicity
In-Store
Kiosk @
Money Mart**

Vancouver
2595 Commercial Dr
1195 Davie St
952 Granville St
3398 Kingsway Ave
345 East Broadway
New Westminster
389 Columbia St,
Unit 329

**Authorized
Dealers**

Burnaby
Mobo Electronics: 104-1899 Rosser Ave
Langley
H.S. Mobile World & Electronics: 20477 Fraser Hwy
New Westminster
MVP Electronics: 807 Camarvon St
Port Moody
iBay Communications 2929 St. John St, Unit 2
Surrey
City Zone Mobile: 15277 100th Ave
Vancouver
Leading Age Computers: 3399 Kingsway Ave

OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO



the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys

did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

Today, my Rx for distance vision is a solid -6.50 and I'm experiencing a slow degeneration rather than a rapid decent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness I resent those poseurs in their fashion frames, mocking me with their perfect vision.

To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

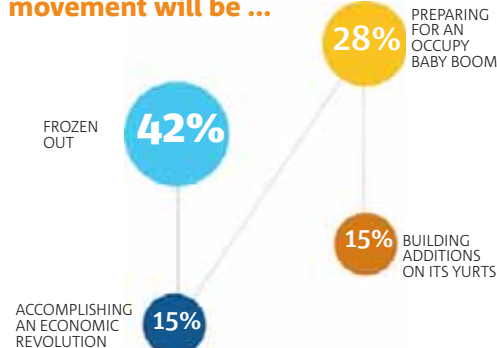
Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

At the end of winter, the Occupy movement will be ...



Local tweets



► @danudey: Occupy Vancouver has the support of

29% of the 99%. Time to go, guys.

► @wowkesler: I wonder if Aaron Rome or Alex Burrows had hit Thomas like Lucic hit Miller how different the story would be today.

► @CanucksFin56: so aaron rome hits horton - concussion - suspension... lucic hits miller - concussion, no suspension... #NHL has contradicted itself #fail

► @kesrows: Twitter over capacity? Nice. Lucic broke

twitter. Don't worry, Aaron Rome will fix it.

► @rodnair: Just sent in my votes for the NHL All-Star game: @Ryan_Kesler, Henrik Sedin, Daniel Sedin, Alex Edler, Roberto Luongo AND... AARON ROME! #NHL

► @yoursforaday: I voted Aaron Rome for the ASG...did you?

#voteforrome
#romefornorris
#romeforartross
#romeforhart
#romeforrocketrichard
#marrymerome

► @vancan19: If Aaron Rome does get selected for the ASG, GUARANTEE he gets Kessel'd! #Vote4Rome #Rome4ASG #canucks

Letters

Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

PAUL INGRAM
DARTMOUTH, N.S.



► This photo titled Turn off the TV (Apaga la tele) was submitted to the Photo of the Day category by Valentina Godoy from Chile.

photo of the day

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid \$870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an

imperfect way of mourning.

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang.

It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. **THE ASSOCIATED PRESS**



► Kim Il-nam displays beads made from his father's ashes

A 'krilling' adventure

► Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story

RICHARD CROUSE
SCENE@METRONWS.CA

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his résumé it's easy to see what he means. His creations, like Mad Max, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and Babe, the king of the barnyard, are agents of change in their own worlds.

In his new film, Happy Feet Two, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill — a minute marine crustacean.

"Happy Feet Two is not a saga," he says. "It's not the hero myth, except from the point of view of the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world."



► Happy Feet Two director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point

of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, Happy Feet Two was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune Eric's Opera be-

cause he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

► When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.

THE ASSOCIATED PRESS

2

scene

Scene in brief



Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The Academy Award winning actress plays Britain's first female prime minister in the soon-to-be-released The Iron Lady. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.

THE ASSOCIATED PRESS



First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.



**THIS GIFT CARD'S
A REAL WINNER**
Spend \$30 or more on a CINEPLEX Gift Card
TO PLAY AND WIN GREAT MOVIE PRIZES!
Coming to theatres November 16, 2011

CINEPLEX
ESCAPE WITH US™

Receive a unique Promo Code with the purchase of a gift card valued at \$30 or more, while supplies last. Offer valid until January 10, 2012. Promo Codes must be redeemed online at CINEPLEX.COM/holidaygift by January 25, 2012 to receive your free gift. Value of free gifts range from \$1.98 to \$10.00 and will be randomly issued at the time the Promo Code is redeemed. Odds of winning the \$10.00 gift is 1:10. No purchase necessary to enter the "Free Movies for a Year Contest" (ARV: \$2500.00). For details on the free gift offer and the contest visit CINEPLEX.COM/holidaygift. © Cineplex Entertainment LP or used under license.



You should hear this picture

Thanks to his music therapist and supporters like you, Mark is expressive and focussed and playing his heart out.

musictherapytrust.ca



KISS & TELL WITH METRO KISS

Tell your friends, family or that secret crush just how you feel with a Metro Kiss... then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit metronews.ca daily to see who loves whom, or...who loves you!

metro

Happy Birthday, Xbox

► The Xbox turns 10 today ► Here's why it matters



► Halo remains popular to this day. ED

1. Unveiled Nov. 15, 2001, in a world dominated by Sony's PlayStation 2, the Xbox was the underdog. Creator Microsoft was known for Windows operating systems but not games. But its main feature — a built-in hard drive — was new, and impressive.

2. Smartly, the Xbox's launch title was Halo: Combat Evolved, a first-person shooter series with an already-large fan base.

3. Proof the system was taking off: In 2002,

250,000 people signed up for Xbox Live, the Internet service that connects players around the world. By 2009, the service had 20 million members.

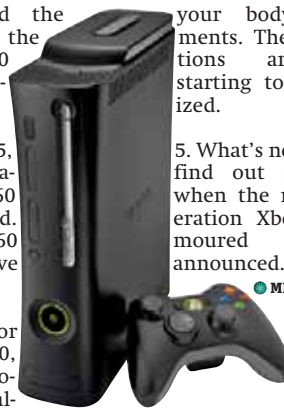
3. In May 2005, the next-generation Xbox 360 was announced. More than 60 million have been sold.

4. Kinect for Xbox 360, launched November 2010, al-

lows you to control images without a controller — the technology reads your body movements. The applications are just starting to be realized.

5. What's next? We'll find out in 2013, when the next generation Xbox is rumoured to be announced.

• METRO



YOU COULD

WIN

A 3D HOME ENTERTAINMENT SYSTEM, PLUS A \$400 hmv GIFT CARD!

YOU COULD ALSO

WIN

CAMELOT: THE COMPLETE SERIES | UNCUT EDITION ON DVD & BLU-RAY

Camelot: The Complete Series | Uncut Edition
Available Now on DVD & Blu-ray at hmv



TO ENTER

www.phase4films.com



take5
PRODUCTIONS

To register and for full contest details visit clubmetro.com
© 2011 Phase 4 Films Inc. All Rights Reserved. Phase 4 Films Inc., the Phase 4 Films logo™ and all related titles, logos and indicia are trademarks of Phase 4 Films Inc. All Rights Reserved. Distributed exclusively in Canada by Phase 4 Films Inc.

Buy it 🌐🌐🌐🌐🌐 | **Rent it** 🌐🌐🌐🌐 | **Borrow it** 🌐🌐🌐 | **Yawn** 🌐🌐 | **Don't bother** 🌐

PETER HOWELL



A world beyond Hogwarts

► As the final Harry Potter film hits the shelves, the cast and crew take a final bow and look toward the future

NED EHRBAR
LIFE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The streets of Universal Studios' replica Hogsmeade seemed a little more authentic last weekend, with

actual Weasley's and other wizards wandering about. Cast members and filmmakers from the eight-film

Harry Potter series assembled at the Wizarding World of Harry Potter theme park in Florida for

one last hurrah, just in time for the DVD and Blu-Ray release of the series' final film, Harry Potter and the Deathly Hallows Part 2.

How much of a goodbye this really isn't clear, of course, as there are still a few Potter events on the calendar — Leavesden Studios in England will open its doors in March for special tours of key sets from the series, and a more comprehensive, extras-packed box set of all eight films will inevitably be offered up to consumers.

But the big party in Orlando still served as a send-off celebration of sorts, offering cast and crew a chance to reflect as well as look to the future.

"In one way, it's quite nice to come back and do one last thing, in a way, as part of the process of letting go," says David Yates, who directed the series' final four films.

"It's been all-encompassing. You just were completely immersed, and that has wonderful things about it and not-so-wonderful things... You work in this very intense, closed environment, and they never stop doing anything but just making Harry Potter. So it was a relief to get to the end of it and suddenly lift one's head up and realize that there's other things in life other than Hogwarts and wands."

So what is Yates — who has won acclaim for his qui-

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to make some smaller movies..."

DAVID YATES,
DIRECTOR OF THE FINAL FOUR
INSTALLMENTS OF THE
HARRY POTTER FILM SERIES

eter TV work like *State of Play* and the *Girl in the Cafe* — looking to do next? The key is variety, he says.

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to make some smaller movies alongside some big tent-pole movies," Yates explains.

Rupert Grint, who shot to fame as Harry's pal Ron Weasley starting at age 11, did get that chance to branch out, popping up in indie fare like *Cherry Bomb* and *Driving Lessons* between semesters at Hogwarts.

"It was really fun to do those other films, to see how other films are made and step out of this bubble and explore what else is out there. I'm really excited to do more of that," he tells Metro.

STEPHEN LOVEKIN/GETTY IMAGES



► The cast of Harry Potter and the Deathly Hallows: Part 2 arrive at the film's July 2011 premiere. The film is available today on DVD and Blu-Ray.

Bring this ad and get a FREE double admission pass at the door.

ASPIRIN[®] 81 mg **2nd Annual**
ZOOMER SHOW
WWW.ZOOMERSHOW.CA

Consumer Show & Lifestyle Expo For Men & Women 45+

VANCOUVER
Nov. 19 & 20
Vancouver Convention Centre, Hall A
Saturday & Sunday:
10 a.m. to 5 p.m.

SPECIAL SHOW OFFER \$20 1 YEAR ZOOMER MAGAZINE & CARP MEMBERSHIP (VALUE \$35)

CELEBRITY PERFORMERS, SPEAKERS AND GIVEAWAYS! **WIN a week-end getaway courtesy of**

Pop opera group Naria Tenille Liona Boyd Pavlo

Fairmont PACIFIC RIM VANCOUVER

FIRST 50 TO ENTER the show at 10 am on Saturday & Sunday get the new **TONY BENNETT Duets II CD**

MONEY HEALTH TRAVEL FAITH LIFESTYLE

& Tribute Concerts with the music of Beatles & Rolling Stones

- Over 150 Exhibitors
- Over 10,000 Attendees last year
- Main Stage with LIVE entertainment
- Talk Theatre Stage
- Great Giveaways
- Get Fit in the Zoomer Active Zone Exercise demonstrations

LIMITED EXHIBITOR BOOTHS AVAILABLE.
Inquires contact zoomershow@zoomermedia.ca

TITLE SPONSOR **ASPIRIN[®] 81 mg**

SILVER SPONSOR **revera** **Pfizer** **plantoday.ca** **CONSOLIDATED**

GOLD SPONSOR **CARPINSURANCE.CA** **Sun Life Financial** **AMGEN** **IRIS** **AMGEN** **AMGEN**

SUPPORTING SPONSOR **TSARWASSEN SPRINGS** **650** **THE VANCOUVER SUN** **50PLUS.com** **ZOOMER** **JOY TV**

James cheated with 19 women: Kat Von D

► Tattoo artist bares all on recent Facebook post

THE WORD

DOROTHY ROBINSON
SCENE@METRONOVS.CA



Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.



► Kat Von D

"I know I deserve a big fat 'I told you so,' from everyone, and wish I didn't have to say, 'You all were more right than you'll ever know,' but you were," she

writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

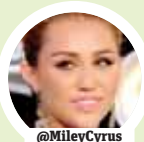
She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'superpoker' to task on Facebook.

Celebrity tweets



Sorry I haven't been tweeting as much! I deleted the twitter app off of my phone. Just taking some "ME" time!



@MileyCyrus



@keshasuxx

Dave grohl just gave me a flask of moonshine.... #uhoh



@ConanOBrien

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!

Saldana splits from fiancé

Zoe Saldana and fiancé Keith Britton have called it quits, according to Hollyscoop.

Saldana's rep confirms that the two

"have amicably separated after 11 years. Saldana and Britton remain committed business partners as co-founders of fashion resource MyFDB.com."

Theirs had been an extremely low-profile relationship, as Saldana had rarely mentioned Britton publicly until their engagement in June 2010.

● METRO



Zoe Saldana

EXPERIENCE
CANADA'S FASTEST AND LARGEST LTE NETWORK.*

LTE
beyond 4G

ANOTHER FIRST IN VANCOUVER. ONLY FROM **ROGERS™**

Rogers LTE network available in Montreal, Ottawa, Toronto and Vancouver areas. See rogers.com/LTE for details.
*As compared to the Bell LTE network, based on tests comparing download speeds. ©2011 Rogers Communications

Pitt to quit acting?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and

development of stories and putting those pieces together."

Pitt has apparently had the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is

coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. ● METRO



► Brad Pitt

Stern in running for America's Got Talent

With Piers Morgan bowing out of America's Got Talent, shock jock Howard Stern is reportedly in talks to replace him as a judge on the reality talent competition, according to The Associated Press.

Sources close to the

talks say Stern is being offered about \$15 million a year to join judges Howie Mandel and Sharon Osbourne. There's little rush, though, as judges aren't needed for the next season until February.

● METRO

3 life

Trend of the week

Workout hoodies

The colder it gets, the more we need to cover up for our workouts. A hoodie is the perfect accessory for fitness lovers.

● METRO



TOPSHOP

\$45
topshop.com



552 million people could have diabetes by 2030; experts say many cases still preventable

Casting a dark light on black licorice

- ▶ Eating large amounts of the tasty treat linked to health complications
- ▶ Doctor tells of a case where patient suffered from consuming too much



CELIA MILNE
LIFE@METRONEWS.CA

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of



▶ Black licorice — it's just one more delicious thing that is bad for you.

Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pressure.

She had been eating between four and seven black licorice cigars a day for 10 days in a row.

Why?

She had bought them

because she loved them and because she was going on a family trip, and knew they made good laxatives.

Black licorice contains glycyrrhizic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns.

As soon as the woman

stopped eating the candy, her symptoms disappeared and her weight went back to normal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hospital.

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Eat By the Clock I was on Breakfast Television in Toronto recently talking about what you should eat at certain times of day if you're watching your weight. Here's an excerpt:

Morning Eat breakfast! We've all heard it, and it's true, that eating breakfast kickstarts your metabolism and gives you energy to start the day.

Get some protein, such as eggs as protein helps keep you full for longer.

Mid morning Have a snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch. Apple slices with peanut butter is a good snack choice.

Lunch A chicken sandwich (maybe using leftovers) with some red pepper strips is filling and healthy. To find out what not to have for lunch, and what to eat in the afternoon, dinnertime and evening, pick up the November issue.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/ METRONEWS



UBC DENTISTRY

Is now accepting patients who require a

NEW COMPLETE SET OF DENTURES

with NO natural teeth present in the mouth. Treatment will commence January 2012.

The UBC Dental clinic operates at a reduced cost.

To apply, please phone:

604-822-5668

Between 9 am - 4 pm • Monday thru Thursday



PUCKER UP...VIRTUALLY!

Tell your friends, family or that secret crush just how you feel with a Metro Kiss...then share it with the world through Facebook and Twitter.

All kisses will appear online and a selection will appear in print too!

Visit **metronews.ca** daily to see who loves whom, or...who loves you!



metro

Shawarma with a Tuna Twist

CLOVER LEAF



Ingredients:

- 1 can (85 g) each flaked light tuna (lemon & pepper, and garlic & hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) whole wheat pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion slices, dill pickle spears, cucumber ribbons

Preparation:

1 Cucumber and Dill Sauce: In small bowl, stir together yogurt, cucumber, dill, garlic and lemon juice. Cover and refrigerate.

2 In another bowl, combine both cans of tuna and cumin. Lay pitas flat and divide tuna mixture along centre of each pita. Top with lettuce, tomato and onion. Top with pickle and

Cucumber and Dill Sauce:

- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

cucumber. Drizzle sauce over each and roll pita up tightly to serve.

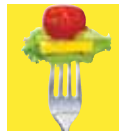
EMILY RICHARDS/
CLOVER LEAF

Black + Blue = meat heaven

► See and be seen at Alberni Street's new lunch hot spot ► Carnivores will gawk at the massive meat locker at Glowbal Group's seventh restaurant

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA



Meat-eaters, head to Alberni Street. Step into Glowbal Group's brand new steakhouse and prepare to gawk. You may not believe your eyes.

At least, that was my reaction to Black + Blue's massive 12- by 12-inch meat locker filled with enormous cuts of meat that only a skilled butcher would know



► **Black + Blue**
1032 Alberni St.
604-637-0777
Licensed: Yes
Social lunch: Yes
Price range: \$8 - \$34
Rating: 4.5 out of 5

how to handle. The back-drop (and curing agent) is a glowing pink wall made of Himalayan salt bricks.

Snake River Waygu New York Strip, at \$11 per ounce, tops the steak list.

After my self-admittedly biased bartender referred

to the Beef Dip as 'the best he'd ever had', however, I couldn't resist.

The French, in-house baked bread was warm and almost doughy to the touch. Its base is just about saturated with an incredibly oily, flavour-packed au

jus. A full on chin-dribbler, it was. Heavily marbled prime rib was the delicious, 14-inch sandwich's succulent and splurge-worthy in-nards.

Unless you have a heart condition, I highly recommend this dish.

Give ham new identity

► A bit of bourbon goes a long way in giving this familiar meat new life ► It's great for dinner parties

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Preparation:

1 Coat stoneware of a 5-L (20

cups) slow cooker with non-stick cooking spray. Add ham, cut side up. In a small bowl, combine apple juice, brown sugar, raisins, cinnamon and pepper flakes; stir well. Pour mixture evenly over ham. Cover; cook on Low for 9 to 10 hours or on High for 4 1/2 to 5 hours. Add cherries 30 minutes before end of cooking time.

Ham in Bourbon Sauce

THE CANADIAN PRESS/HO



► This recipe serves 10 – perfect for entertaining.

2 Transfer ham to cutting board. Let stand for 15 minutes before slicing.

3 Pour cooking liquid into a measuring cup and let stand for 5 minutes. Skim and discard excess fat. Return cooking liquid to slow cooker.

4 Turn slow cooker to High. In bowl, whisk

cornstarch and bourbon until dissolved. Stir into cooking liquid. Cover; cook on High for 15 to 20 minutes until thickened. Serve sauce over sliced ham. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/THE CANADIAN PRESS/CROCK-POT**

Ingredients:

- 2.5 kg (6 lb) bone-in ham, butt portion
- 125 mL (1/2 cup) apple juice

- 175 mL (3/4 cup) packed dark brown sugar
- 125 mL (1/2 cup) raisins
- 5 mL (1 tsp) ground cinnamon
- 1 mL (1/4 tsp) red pepper

- flakes
- 75 mL (1/3 cup) dried cherries
- 50 mL (1/4 cup) cornstarch
- 50 mL (1/4 cup) bourbon, rum or apple juice



YOUR OPINION.
YOUR VOTE.
YOUR FAVOURITE
PRODUCTS.

PICK THE GREATEST
FROM THE LATEST
FOR A CHANCE TO
**WIN UP TO \$1,000
AND AN iPad!**

www.bestnewproducts.ca/Metro/1

THE 2012 BEST NEW PRODUCT AWARDS.
VOTED BY CONSUMERS LIKE YOU!





GEORGE DOYLE/STOCKBYTE/THINKSTOCK

FIGHT COLD AND FLU SEASON

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you

can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on

every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an

RN and infection control specialist.

"So the next person that comes along and turns the doorknob or uses the telephone, is at risk.

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

— Ylva Van Buuren

GET WELL SOON



TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caf-

feinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

— Jane Doucet



ISTOCKPHOTO/THINKSTOCK

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

— Ylva Van Buuren

febreze®

breathe happy
holidays



© 2011 P&G

Available at
Walmart 
Save money. Live better.™



PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY “This is the best way to stop the spread of those germs,” says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. “Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up,” says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. “So be careful not

to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that,” says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. “It helps boost the immune system in an effective way and you can take it in tablet or drop form.” (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

— Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. “Even if you still get a cold, having a strong immune system will help you fight it faster.” Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lessen symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and

chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, hering, mackerel and sardines.

— Ylva Van Buuren

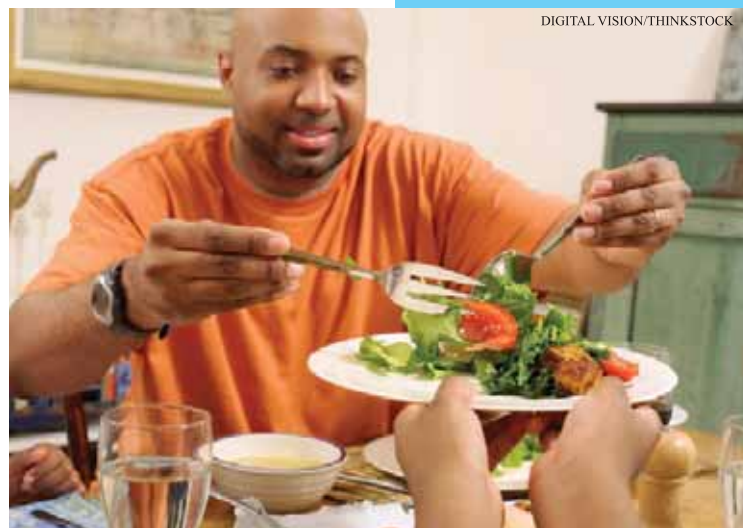
FEED A COLD, STARVE A FEVER?

Don't do it, according to the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences.

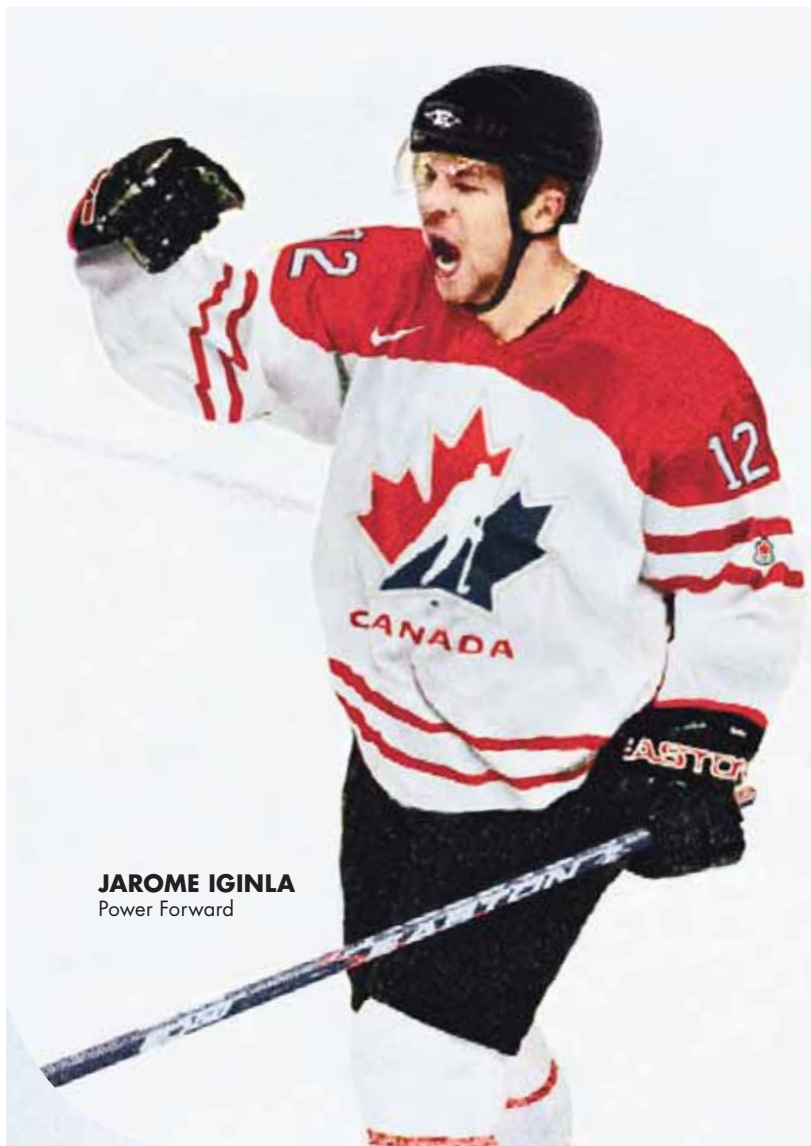
What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

DRINK UP

“Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat,” says Schiener. “The more lubricated your body, the easier it is for us to fight off infection and keep germs out.” Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.



DIGITAL VISION/THINKSTOCK



JAROME IGINLA
Power Forward



IN PROFESSIONAL HOCKEY,
THERE ARE NO SICK DAYS...OR NIGHTS.

The non-drowsy, stuffy head, sore throat, coughing, aching, fever, game day even with a cold...medicine.



The nighttime sniffing, sneezing, coughing, aching, fever, so you can sleep with a cold...medicine.

To ensure this product is right for you, read and follow the label.
© Procter & Gamble, Inc., 2011
Official Sponsor of Hockey Canada



GIVING GUIDELINES

FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONEWS.CA



Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise! You get a \$600 iPad and a terrible sinking feeling in your stomach because you only bought a \$50 sweater. Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season? A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars. While you're making dinner or out for a walk, ask your partner what they'd like for Christmas. Then talk about what both of your holiday budget limi-

tations are. For example, you may have set aside \$500 and have to buy gifts for 10 people while your honey may have \$1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it! Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours? If you're not cool with the budget disparity, pitch the idea of setting a limit like \$100 per person.

If you can't agree on a dollar value, consider putting money toward a joint gift like a weekend trip to the mountains. Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts. Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays or playing shiny hockey with neighbours.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

What's in your best interest?

ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Are you challenged? According to the November study of Canada's 5.8 million

residential mortgages by the Canadian Association of Accredited Mortgage Professionals, (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination.

This is heartening news, but is it the best strategy? Probably yes if a mortgage

is your only debt, but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments. But let's also suppose you have credit card and credit line debt of \$25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by \$77 a month.

▶ A hike of 2% increases it by \$158 monthly.

If your non-mortgage debt payments are \$500 it will take you 300 months or 25 years to retire the debt and you'll spend over \$17,000 on interest along the way. Ouch!

However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to \$750 the debt vanishes in 40 months and interest costs decrease to \$4,400.

At that point you can turn the entire consumer debt payment of \$750 to



▶ Alison's money rule: Before increasing mortgage payments tackle higher interest debt first.

your mortgage and it will begin to disappear very quickly. Now that's real protection from interest rate increases! Don't forget that personal and home equity lines of credit are just as vulnerable as mortgages to interest rate hikes.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

TALKING ABOUT TIPS

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

This is my last article from my trip to China. While having dinner in Shanghai recently at a fantastic restaurant called The Bund, we started talking to the table beside us.

This wonderful group of 10 turned out to be fellow commonwealth members,

from Australia, vacationing through China. At some point someone asked "does anyone know when and how to tip in a hotel?"

The group at my table laughed and said, "Charles, do you want to answer that question?"

That's such a great question I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to insure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below is a basic chart to help guide you. Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of hotel you are staying at and how generous a tipper you are.

People you should tip in a hotel

- Bellman who carries your luggage to and from your room.
- Housekeeper who cleans your room (most forgotten employee).
- Concierge who makes your reservations and/or advises you on local plans and information.
- Waiter/waitress in the restaurant.
- Room service. Although they generally already have a gratuity added to the invoice, most still give a little additional gratuity.
- Car jockey when they return your car.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night



▶ Check to see if any pubs in your area offer trivia nights.

Ideas for your next date

1 Q & Play

Put your useless knowledge to the test at a local trivia night. Check pubs in your area — many offer some sort of Q&A evening. Team up with your partner to become one unstoppable quiz-show force.

2 Cache me if you can!

Who doesn't love a good treasure hunt? Go geocaching! Join in a public cache or

"bury" your own treasure and have your guy or girl get searching.

3 Back to the future

Will you have a white-picket fence and 2.5 kids someday? Is a promotion just around the corner? Will the Cubs ever win a World Series? Find out your future forecast together by visiting a palm reader.

4 Early birdies

Watch the world wake up. Set your alarms for 5 a.m. some Saturday. Head to a lookout or

good vantage point to see your town at a glance. Curl up in a blanket, sip some coffee and watch your city come alive.

5 You and the ___ factory

While it may not seem sexy, a factory tour can get your blood pumping! Find out how your fave sinful goodies are made: Think chocolate or booze!

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

Offices in Vancouver, Burnaby & Richmond

- Foreign Exchange
- Worldwide Money Transfer
- 24*7 Online Trading

Live Rates: everforex.ca • Toll Free: 1 800 699 4816
USA, EUR, GBP, AUD, NZD, JPY, CNY, THB, TWD, MYR, PHP, SGD, ZAR

metro

metronews.ca
TUESDAY, NOVEMBER 15, 2011LEARNING
CURVE

SFU 'gets serious' about social media

DANIEL
HENDRIKSEN
FOR METRO

Four researchers from Simon Fraser University's (SFU) Beedie School of Business have been receiving high praise for their

publication, *Social Media? Get Serious! Understanding the functional building blocks of social media*.

Not only did the four—some of Kristopher Hermkens, Ian McCarthy, Jan Kietzmann and Bruno

Slivestre receive the 2011 Best Article award from Indiana University's Kelley School of Business, they have also been recognized by the United States government.

In their paper, the SFU

researchers explain that business managers must fully understand the different tools available to them in the world of social media before they consider using them.

"The social media ecosystem is rapidly evolving and many managers struggle to understand the implications, both opportunities and threats, posed by this ecosystem, and as a result they are feeling the pressure," McCarthy said in a press release. "There is an abundance of evidence indicating that social media can significantly impact a firm's reputation, sales and even survival."

The publication has made the top 10 on ScienceDirect's list of the hottest articles for busi-

ness management and accounting journals. It was also listed by the U.S. government as recommended reading material for health-care professionals on emerging health communication issues.

**JIBC opens new
Victoria Campus**

The British Columbia Justice Institute (JIBC) has a new home on Vancouver Island. The campus at 810 Fort St. in downtown Victoria was officially unveiled at a ceremony in late October.

Members of the JIBC board of executives, along with local MLAs and B.C. Solicitor General Shirley Bond cut the ribbon at the grand opening ceremony.

The new campus features additional classroom space and a dedicated Paramedic Simulation Room.

Several programs are available at the Victoria campus, including courses from the School of Community and Social Justice, School of Health Sciences, and School of Public Safety and Security.

"The Justice Institute of B.C. provides students with very high-quality public safety and justice education," Bond said in a press release. "With the opening of regional campuses such as this, students can train and work closer to the communities where they live. The new campus location in Victoria will serve students well into the future."



AU student Salma and daughter in Edmonton, AB

Learn. |

Life-long learning never ends. Whether you want to pick up a course just for interest's sake or earn the degree you've always wanted, Athabasca University's online and distance options are ready when you are. [Learn more at explore.athabasca.ca](http://explore.athabasca.ca).

Athabasca University

BECOME AN ELITE PERSONAL TRAINER!

INFOFIT Educators

604.683.0785 | admin@infofit.ca | www.infofit.ca

VANCOUVER • BURNABY • SURREY • WHITE ROCK
INTERNATIONAL • ON-LINE

GET CERTIFIED TO TEACH ENGLISH!

TESOL

TEACHERS OF ENGLISH TO
SPEAKERS OF OTHER LANGUAGES

Please check
our website
for upcoming
INFO
SESSIONS.

PART OF THE ILSC EDUCATION GROUP
www.greystonecollege.com



560 Granville Street
P. 604.682.3880

f like us
metro

follow us
metro



**DANIEL
HENDRIKSEN**
FOR METRO

The British Columbia Institute of Technology (BCIT) School of Construction and the Environment recently announced it will be holding a Women in Trades panel event Jan. 24, hosted by Canadian Construction Women (CCW).

The event will be geared towards women considering a career in trades and construction, and will feature a panel of women currently employed in different trades.

According to Marie-France Venneri, a mechanical engineer and event director for CCW, the event will feature a panel period for about an hour, where women can share their stories about their experience in the trades industry, as well as answer questions from the audience.

"Things like 'what made you get into the trade?,'



BANANASTOCK/THINKSTOCK

'what inspired you?,' 'what challenges did you face?' Questions that every woman thinking about getting into trades probably has," said Venneri.

After the panel period, the plan is to head to a local pub for dinner and to network and socialize. Venneri said they are still looking for more women to join the panel. So far they have an electrician, who is a BCIT

alumnus, and a carpenter, who works at Tradeworks.

More information can be found at construction-women.org.

SFU aims to eliminate violence against women

The Department of Gender, Sexuality, and Women's Studies (GSWS) at Simon Fraser University (SFU) will be showing its support for eliminating violence

against women Dec. 8.

The GSWS will be hosting a breakfast event entitled Red Shoes, Green Belts, White Ribbons, which features local radio personality and author Jen Sookfong Lee as the keynote speaker. There will also be several other speakers who share a passion for the cause in attendance. The event will be taking place at SFU's Segal School of Business at 500 Granville St. from 7-9 a.m.

The GSWS event corresponds with the internationally recognized 16 Days of Activism Against Gender Violence Campaign from Nov. 25 to Dec. 10, with the goal of raising awareness for gender-based discrimination in greater Vancouver.

Tickets for Red Shoes, Green Belts, White Ribbons are \$100 with a tax receipt for \$50 issued. They are available by calling 778-782-3593. More information can be found at sfu.ca/gsws.

in your element

Emily Carr Continuing Studies ignites your creativity this Spring. Choose from more than 180 workshops, short courses and certificate programs.



CONTINUING STUDIES

Register Now

ecuad.ca/cs csinfo@ecuad.ca 604 844 8310



emily carr
university of art + design

Turn ON Your CAREER

Take a licensing or certification program in:

Accounting	Financial Services	Immigration
Bookkeeping	Home Inspection	International Trade
Business	Human Resources	Sales & Marketing

and many more...

www.ashtoncollege.com
604.899.0803



Ashton

Education
with
Purpose



DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

UBC opens new design centre

DANIEL HENDRIKSEN
FOR METRO

Students in 11 different engineering disciplines at the University of British Columbia (UBC) will benefit from the newly opened Wayne and William White Engineering Design Centre.

Wayne and William White, alumni of UBC, are twin brothers who donated \$2.5 million towards the new building. They graduated from the school in 1967 with degrees in metallurgical engineering

and mechanical engineering, respectively.

In a press release, Applied Science dean Tyseer Aboulnasr expressed the UBC engineering department's gratitude towards the White brothers and their contribution.

"We are very grateful to Wayne and William White for their generosity and vision," said Aboulnasr. "They have contributed to a learning environment where students can develop into professional engineers equipped to tackle society's

most pressing issues."

The new design centre, located at the corner of East Mall and Engineering Road, is worth approximately \$8.5 million, and is the first facility at UBC specifically designed to create synergy between all of the institution's 5,299 engineering students.

With three storeys and 20,322 square feet, the engineering design centre features three large rooms for design instruction, several meeting rooms and a student lounge.

THE WORLD IS YOUR PHOTO EXHIBIT

To submit your photos and for full contest details visit:
metrophotochallenge.com

metro

DRAKE MEDOX COLLEGE

WHY GET LESS WHEN YOU CAN GET MORE!!!

DRAKE MEDOX is the only college that gives HEALTH CARE ASSISTANT DIPLOMA for both Part Time and Full Time study!!!

Upon Successful Completion Students obtain	Drake Medox College		Other Colleges	
	Part time	Full time	Part time	Full time
HCA Diploma	✓	✓	✗	✓
CPB / First Aid Certificate	✓	✓	✓	✓
WHMIS Certificate	✓	✓	✓	✓
Foodsafe Certificate	✓	✓	✓	✓
Medication Administration	✓	✓	✗	✓
Geriatric Care Certificate	✓	✓	✗	✓
Mental Health Care Certificate	✓	✓	✗	✗
Palliative Care Certificate	✓	✓	✗	✗
Stops, Trips and Falls Certificate	✓	✓	✗	✗

THE MOST REASONABLY PRICED HCA PROGRAM AVAILABLE IN THE LOWER MAINLAND.

CALL US NOW! 604.629.0196

Löök for Myrine.

604.629.0196 • www.drakemedoxcollege.com
210 - 535 W 10th Ave, Vancouver BC

PCTIA ACCREDITED



Discover opportunities at VCC

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program

Campus

Transportation Trades

Tuesday, Nov. 15, 22 & 29, 11 a.m. – lobby, building B

Broadway

TESOL Programs

Tuesday, Nov. 15 & 22, noon – room 526

Downtown

Career Planning and Job Search Courses

Wednesday, Nov. 16 & 23, noon – room 236

Downtown

Medical Transcriptionist

Wednesday, Nov. 16, 5 p.m. – room 2213

Broadway

Hospitality Management Diploma

Saturday, Nov. 19, 11 a.m. – room 415

Downtown

Hair Design & Esthetics

Wednesday, Nov. 23, 4:30 p.m. – room 201

Downtown

Addiction Counselling & Community Counselling

Thursday, Nov. 24, 7 p.m. – room 420

Downtown

Interpreting

Wednesday, Nov. 30, 6 p.m. – room 420

Downtown

Culinary Arts and Asian Culinary Arts

Friday, Dec. 2, 9:30 a.m. – room 112 (theatre)

Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit www.vcc.ca or call **604.443.8453**.



View all VCC Info sessions and tours

vcc.ca



Vancouver
Community
College



Historical newspapers available online



**DANIEL
HENDRIKSEN**
FOR METRO

Thanks to the completion of a "British Columbia Historical Newspapers Project" by the University of British Columbia (UBC) Library, researching our province's history has

never been easier.

A total of 45,000 pages drawn from 24 B.C. newspapers dated between 1865 and 1924 are now available online. The UBC Library's Digital Initiatives unit led the project and was aided by a private family foundation.

The digital library is easy to use and features excerpts from newspapers such as the Alberni Advocate and the Cariboo Sentinel, as well as many others.

One of the most attractive features of the digital library is the "Today in History" feature, where readers can look back on what took place on a certain date in B.C. history.

In a press release, Allan Bell, director of UBC Library Digital Initiatives, said the project is an example of UBC Library advancing its digital agenda and connecting with communities at UBC and around the province.

The digital library can be found at historicalnews-papers.library.ubc.ca.

Capilano U teaches sustainability

Post-secondary institutions around the Lower Mainland are continually



striving to become greener and more energy efficient these days, and Capilano University is no different.

In partnership with BC Hydro, Cap U recently held a challenge that required instructors to work environmental sustainability into their regular curriculum to help create a culture of energy literacy in B.C.

The winners of the chal-

lenge were announced earlier this month, as they were recognized by Cap U president Dr. Kris Bulcroft and officials from BC Hydro. By teaching sustainability and conservation in the classroom, Dr. Rajiv Jhangiani (psychology), Roy Jantzen (tourism and outdoor recreation), Dr. Aurelea Mahood (English) and Jorge Ocegüera (tourism and business)

were each awarded \$2,000.

The contest was run as part of an initiative Cap U started in 2008 to reduce the school's energy consumption by 25 per cent over a five-year span. En route to that goal, the school has saved more than \$424,000 in energy consumption and raised more than \$1.3 million in external funding.

All Body Laser Corp.
Training Institute

Est. 2000

Work in the Cosmetic Laser Industry Today!

- Choose A Career That Pays
- Laser Hair Removal Technician Course
- Skin Rejuvenation Light & Laser Course & More

No Background Required

- Medical Aesthetics Diploma Program

Register Now
For Our March Class!
Seats Limited.

(604) 773-7515
www.allbodylaser.com
marina@allbodylaser.com

PATTISON High School

THE BEST CHOICE TO ENTER A TOP UNIVERSITY

Tel. 604.608.8788 Direct. 604.710.8399
981 Nelson St., Vancouver Downtown
www.pattisonhighschool.ca | admissions@pattisonhighschool.ca

"...we don't teach a class; we teach individual students in a class..."

QUICK? IT SURE IS.

Earn your Management Certificate
in Professional Accounting in just 13 months.*

Application deadline: December 12
Starts January 4

Apply now!

Visit bcit.ca, search 'certificate accounting'

*Program subject to enrolment and courses may be substituted with evening courses.



**SCHOOL OF
BUSINESS**

Real Experience. Real Results.

New building will help UBC cut carbon emissions



**DANIEL
HENDRICKSEN**
FOR METRO

The University of British Columbia (UBC) is now home to the "greenest" building in North America.

The school recently opened its new state-of-the-art, \$37-million Centre for Interactive Research on

Sustainability (CIRS), which will help reduce UBC's carbon emissions. It was designed to be a research centre on global sustainability, and brings with it many more substantial benefits.

The four-storey, 60,000-square-foot CIRS is one of only a few facilities worldwide that provide "net positive" benefits to the environment. It features a theatre, a Modern Green Development Auditorium, and a café that serves only local, organic food.

CIRS is able to power itself, as well as a nearby building, using renewable and waste energy. It also generates drinking water from rain and treats wastewater onsite.

The plan is for CIRS to accommodate academic

programs such as applied science, psychology, geography, forestry and business.

With the addition of the new building, UBC hopes

to reduce its carbon emissions by 33 per cent by 2015, 67 per cent 2020 and 100 per cent by 2050.

More information can be found at cirs.ubc.ca.

"The four-storey, 60,000-square-foot CIRS is one of only a few facilities worldwide that provide 'net positive' benefits to the environment."

YOUR PATHWAY to University



APPLY NOW FOR WINTER SEMESTER
Winter Semester Jan 9 – April 13, 2012

- First & second year university programs for transfer to University of British Columbia, Simon Fraser University, University of Victoria and other major Canadian universities
- Associate of Arts and Associate of Science degrees
- University Foundation Programs (Grade 11 and 12)
- Academic ESL Program

International students in a university program at Columbia College may work part-time (up to 20 hours per week) while studying at Columbia College.

For further information, contact:

Admissions Office
Columbia College
500-555 Seymour Street
Vancouver, B.C. V6B 6J9
Tel: 604-683-8360 Fax: 604-682-7191
Email: admin@columbiacollege.ca



**COLUMBIA
COLLEGE**
Founded 1936

www.columbiacollege.ca

BCIT innovates.

BCIT repairs.

BCIT communicates.

BCIT works.

Wherever you are, a BCIT grad is making an impact. With one of the highest graduate job placement records in BC, the proof is right in front of you.

Look around.

bcit.ca/works



It's your career.
Get it right.



**FITNESS LEADERSHIP
DIPLOMA PROGRAM**

BECOME A PERSONAL TRAINER

- Receive Your Diploma In Under 5 Months
- Earn Up To \$70/Hour
- \$100 New Balance Shoes Voucher to all Students

Enter to
WIN Free Tuition

HILLTOP ACADEMY
(604) 930.8377
www.hilltopacademy.ca





JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

BCIT to host Lego tourney

If you are into Lego, the Student Activity Centre at the British Columbia Institute of Technology (BCIT) is the place to be Sunday.

BCIT will be hosting the First Lego League Mainland Qualifier that day, giving participants between the ages of nine and 16 a chance to qualify for the B.C. championship Jan. 14, 2012.

First Lego is a robotics program designed to get kids eager about science and technology, while learning valuable employment and life skills. The participants' goal for the tournament is to build an autonomous robot using the Lego Mindstorms robot set.

The children will also be confronted with creating a solution to a problem as part of a research project.

"Giving kids an opportunity to participate in a fun and exciting First Lego League program is what it is all about," said Nancy Paris, BCIT's director of Product and Process Applied Research Team. "The energy and excitement these kids bring to the tournament is infectious and demonstrates their passion for solving the world's problems with science and technology."

Check out firstlegoleague.org to learn more.

DANIEL HENDRICKSEN

FUTURE BUSINESS LEADERS WANTED.

CMAs are leaders in strategic financial management. As a CMA, your future is unlimited. You will have increased earning potential, career advancement and stability.

Find out more about the CMA designation and the CMA QuickStart and CMA Accelerated Program at:

CMA INFORMATION SESSIONS

November 16, 2011, 5:30 - 6:30 pm
Burnaby - BCIT Campus, Building SE6, Room 207
3700 Willingdon Avenue, Burnaby

November 23, 2011, 5:00 - 6:00 pm
Shangri-La Hotel, Blue Moon Theatre
1128 West Georgia, Vancouver

Every Thursday, 12:00 - 1:00 pm
CMA Office, Suite 1000
900 West Hastings Street, Vancouver

RSVP to cmabc@cmabc.com, 604.687.5891, or visit cmabc.com.

NOW ACCEPTING APPLICATIONS FOR JANUARY 2012 CMA PROGRAMS.



Certified Management Accountants™

©/™ Registered Trade-Marks/Trade-Marks are owned by The Society of Management Accountants of Canada. Used under license.

Douglas' Coquitlam campus is expanding



DANIEL HENDRICKSEN
FOR METRO

With plans to relocate its Faculty of Child, Family and Community Studies (CFCS) to the David Lam Campus, Douglas College expects its Coquitlam location to expand by more than 850 students.

With student enrolment up significantly each of the past two years, Douglas' New Westminster campus is over capacity, and the school feels the move is necessary to accommodate a continually growing student body.

With so many students and staff making the switch to Coquitlam from New Westminster, Douglas is counting on the completion of the new Evergreen line to allow students and faculty to commute between the campuses in a convenient and cost effective manner.

The move will take place in two phases, and is expected to be completed by September 2013.

Students who are currently enrolled in the program are permitted to complete their studies at the New Westminster campus, while new students will start the program at the Coquitlam campus in the fall of 2012.

UFV Chilliwack campus on track

With only six months until its doors officially open, construction on the University of the Fraser Valley's (UFV) Chilliwack campus is right on schedule.

The new \$40-million campus at Canada Education Park is set to officially open in May 2012, and Minister of Advanced Education Naomi Yamamoto got her first look at the new facility earlier this month. Yamamoto, school officials, local politicians and students all had an advanced tour last week.

As part of the Knowledge Infrastructure Program — a joint project between the provincial and federal governments — UFV received \$7.2 million towards the construction of the old engineering school building on the former Canadian Forces Base.

All of the construction at the new campus is following the Wood First Initiative and is projected to meet Leadership in Energy and Environmental Design (LEED) gold standards.

With the exception of theatre, all UFV programs currently based out of the Chilliwack campus will be moved to the new facility when it opens in May.

BCIT unveils Gateway upgrade, aboriginal gathering place



DANIEL HENDRICKSEN
FOR METRO

Students and staff at the British Columbia Institute of Technology's (BCIT) Burnaby campus got their first look at the school's upgraded Gateway building earlier this month.

With the upgrades, BCIT hopes to reduce energy use by 50 per cent by using enhanced daylight capture

technology, energy efficient heat pump systems and energy efficient lighting and equipment. With its reduced use of power, the school hopes to receive Leadership in Energy and Environmental Design (LEED) gold certification under the LEED for New Construction Green Building Rating System.

The renovations were made possible by a joint

funding venture between the provincial government (\$22.75 million), the federal government (\$16.3 million), BCIT (\$420,000), and BC Hydro (\$248,000).

BCIT received the funding from the provincial and federal governments in April as part of the Knowledge Infrastructure Program.

The school is one of 39 post-secondary institutions

across the province that will receive funds as part of the Knowledge Infrastructure initiative.

BCIT opens aboriginal gathering place

With the help of a \$600,000 contribution from the Ministry of Advanced Education, Phase 1 of a brand new aboriginal gathering place at the British Columbia Institute

of Technology's Burnaby campus is now complete.

The new gathering space was designed by local First Nations architect Alfred Waugh. It gives aboriginal students a place to get in touch with their culture, as well as study and receive advice from aboriginal staff.

The new gathering place is located in building SW1 in Room 1521.

ISTOCKPHOTO/THINKSTOCK



SFU tops school list



**DANIEL
HENDRIKSEN**
FOR METRO

Students and faculty at Simon Fraser University (SFU) have good reason to celebrate these days. The post-secondary school was ranked Canada's best comprehensive university in the annual Maclean's survey for a fourth consecutive year.

Forty-nine universities across Canada are ranked in the survey in three separate categories: Medical-doctoral universities; comprehensive universities; and primarily undergraduate universities. The rankings are based on 14 criteria that include students and classes, faculty, finances, libraries, student support and reputation.

The universities of Victoria, Waterloo, Guelph and Memorial University rounded out the top five in the comprehensive category. McGill University took top spot in the medical-

doctoral category for the seventh straight year, while Mount Allison University received first place in the primarily undergraduate class for the 15th consecutive year.

SFU has held top spot in the comprehensive rankings a record nine times in the survey's 21-year history.

For a complete look at this year's rankings, visit at.sfu.ca/lrGEKB.

Capilano students win tourism award

Four students enrolled in Capilano University's Tourism degree program took home top honours and a \$1,000 prize at last month's Tourism & Hospitality Case Competition (THCC) at the Fairmont Empress hotel in Victoria.

The Capilano team of Louise Wirtz, Nada Mher Al Saadi, Frankie Aeng and Nic Alder participated in the event, along with approximately 40 other stu-

dents from 12 post-secondary institutions throughout B.C., including Douglas College, Okanagan College, Royal Roads University, Selkirk College, and Vancouver Island University.

The fifth annual THCC was part of the British Columbia Tourism Industry Conference, and was sponsored by the Ministry of Jobs, Tourism and Innovation, go2, the Aboriginal Tourism Association of B.C., and B.C. Parks.

The conference was designed to address challenges the tourism industry faces, and as part of their competition, the students were required to use their skills to solve potential issues.

A number of industry experts were on hand to share their knowledge with the students, as were B.C. Premier Christy Clark, who provided a keynote address, and Minister of Jobs and Tourism Pat Bell.

Register Now For Fall Courses

Canadian Health Care Academy

Access to Practical Nursing Starts November 21st
Generic Practical Nursing Starts November 28th

Study with us and get your diploma in 12 months or less!
Our grads start at \$27 per hour and are licensed to work anywhere in BC!

Info Session:
December 13th 6-8pm

Bursaries also available - call for details!

052411



FREE LAPTOP
with all Full Time
program registrations.

Call for details: **604.540.2421 • info@chcab.com • www.chcab.com**



TOUR YOUR TOMORROW OPEN HOUSE

SATURDAY, DECEMBER 3, 2011



SEE WHERE CREATIVE CAREERS ARE BORN.

RSVP AND LEARN MORE AT:

AiOpen.com/Vancouver

OR CALL: **866.717.8080**



See aiprograms.info for program duration, tuition, fees, and other costs, median debt, federal salary data, alumni success, and other important info.



THE INTERNATIONAL
CULINARY SCHOOL™
at The Art Institute of Vancouver

SMARTEN

Smarten up @ Kwantlen

- Enter to win a smart fortwo
- Earn a university degree

kwantlen.ca



**KWANTLEN
POLYTECHNIC
UNIVERSITY**



UP!



INTRODUCING A NEW, SMARTER, AMBITIOUS, BETTER LOOKING, INNOVATIVE, ADVENTUROUS, SOCIALLY AWARE, TRANSFORMATIVE, BOLDER US

*Contest rules apply. prize may not be exactly as shown

4
sports

Quoted



"I think the common bond with a lot of these faces that I see on the walls, especially the recent ones that I have some history with, is a real genuine passion and a love for the game and high competitive spirit in all of us."

JOE NIEUWENDYK, WHO WAS OFFICIALLY INDUCTED INTO THE HOCKEY HALL OF FAME ALONG WITH DOUG GILMOUR, ED BELFOUR, AND MARK HOWE IN TORONTO YESTERDAY.



Scan code for more sports.

'Nuclear winter' for NBA?

► Commissioner says season is in jeopardy after players reject offer, start to disband union

SETH WENIG/THE ASSOCIATED PRESS

NBA players delivered a resounding but risky response to one more ultimatum from NBA commissioner David Stern: See you in court.

The players' association rejected the league's latest proposal for a new labour deal yesterday and began disbanding, paving the way for a lawsuit that throws the season in jeopardy.

Negotiating went nowhere, so now the union is going away.

And Stern said "nuclear winter" is coming.

"We're prepared to file this antitrust action against the NBA," union executive director Billy Hunter said. "That's the best situation where players can get their due process."

And that's a tragedy as far as Stern is concerned.

"It looks like the 2011-12 season is really in jeopardy," Stern said in an interview aired on ESPN. "It's just a big charade. To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something. That's not happening."

Hunter said players were not prepared to agree to Stern's ultimatum to accept the current proposal or face a worse one, saying they thought it was "extremely unfair." They're aware what this battle might cost them.

"We understand the consequences of potentially missing the season; we understand the consequences that players could poten-



► NBA Players' Association president Derek Fisher, surrounded by NBA players, speaks during a news conference after meeting with the players' union yesterday.

tially face if things don't go our way, but it's a risk worth taking," union vice-president Maurice Evans said. "It's the right move to do."

But it's risky.

Hunter said all players will be represented in a class-action suit against the NBA by lawyers Jeffrey Kessler and David Boies — who were on opposite sides of the NFL labour dispute, Kessler working for the players, Boies for the league.

"Mr. Kessler got his way, and we're about to go into the nuclear winter of the NBA," Stern told ESPN. "If I

'Broken down'

Union executive director Billy Hunter said the bargaining process had "completely broken down."

► Players made numerous economic concessions and were willing to meet the owners' demands of a 50-50 split of basketball-related income, but only if the owners met them on their system wishes.

were a player ... I would be wondering what it is that Billy Hunter just did."

The league already has filed a pre-emptive lawsuit seeking to prove the lockout is legal and contends that without a union that collectively bargained them, the players' guaranteed contracts could legally

be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league's labour mess. Gardephe has yet to issue a ruling.

Two years of bargaining

couldn't produce a deal, with owners' desires for more competitive balance clashing with players' wishes to keep the salary cap system largely intact.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it's the best the NBA could offer and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve the union, giving them a chance to win several billion dollars in triple damages in an antitrust lawsuit.

THE ASSOCIATED PRESS

Lions look to overcome West final hurdle

He's won more CFL games than any other coach but the West final remains one of Wally Buono's biggest obstacles.

The B.C. Lions head coach and general manager has learned many painful lessons over the years from watching some very good teams he's coached lose their chance to advance to the Grey Cup.

Those experiences will come into play this week as Buono prepares the Lions to face the Edmonton Eskimos in Sunday's West final

"The way I am looking at it, it's a new season and the first time we've played these guys."

WALLY BUONO ON THE LIONS' REGULAR-SEASON DOMINANCE OF THE ESKIMOS

in Vancouver. The winner goes on to the Nov. 27 Grey Cup at BC Place Stadium.

"There's no magic formula," Buono said yesterday.

"The only thing I have learned from all that is be careful about magnifying the opportunity. You can put too much undo stress and pressure on people."

Buono acknowledged

that as a young coach this is something he may have been guilty of.

The Eskimos defeated the Calgary Stampeders 33-19 in Sunday's West semifinal.

The Lions won three of four games against the Eskimos this season. B.C. outscored Edmonton 130-79 overall.

B.C., Edmonton and Cal-

gary all finished the season with 11-7 records. The Lions were seeded first because of their winning record against the other teams.

Edmonton linebacker Rod Davis said the memory of losing 29-20 to the Lions on Oct. 29, with first place on the line, is still fresh for the Eskimos.

"This is definitely a different team," said Davis. "Since we played them last, we went through some things. We went there with first place on our minds and we took an L.

"This time it's all on the line again, but we learned from that situation and it's going to show up next time."

The Lions offence scored 84 more points than the Eskimos. The B.C. defence gave up the least points in the CFL.

B.C. running back Andrew Harris is healthy for Sunday's game while Edmonton's Jerome Messam, who rushed for over 1,000 yards this season, hurt his knee against Calgary.

THE CANADIAN PRESS

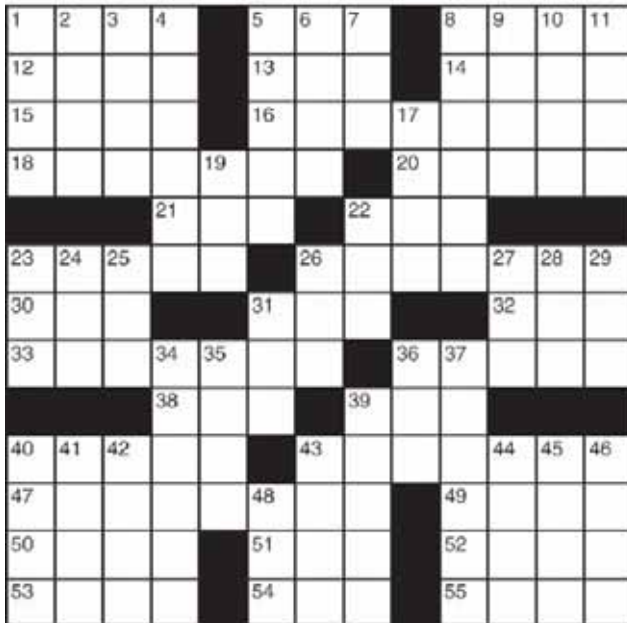
Crossword

Across

- 1 Dispatch a dragon
- 5 Pharm. watchdog org.
- 8 Spades or hearts
- 12 Former larva
- 13 Writer Fleming
- 14 Leading man?
- 15 CEO, e.g.
- 16 Poisonous metallic element
- 18 "— Overcome"
- 20 In a proper way
- 21 Attempt
- 22 Eggs
- 23 Intersection
- 26 Green onion
- 30 Tavern
- 31 Jewel
- 32 Rage
- 33 Not deep
- 36 Moist poultry
- 38 Ump's call
- 39 Scoundrel
- 40 Butter substitutes
- 43 Braided bread
- 47 Thurgood of the Supreme Court
- 49 Tittle
- 50 Rim
- 51 Dove's call
- 52 Siblings' biz abbr.
- 53 Night light?
- 54 Optical organ
- 55 Ninth mo.

Down

- 1 Jet forth
- 2 Sumptuousness
- 3 Tarzan's pals
- 4 America's Cup contenders
- 5 In a proper way
- 6 Willy Wonka's cre-

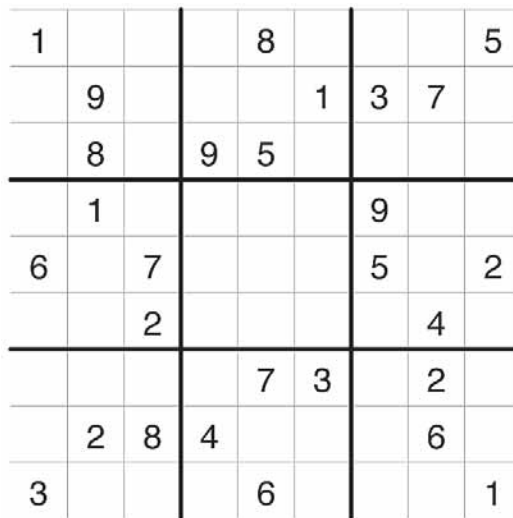


- 7 Literary collection
- 8 Female friend
- 9 Mine entrance
- 10 Manhandle
- 11 TV trophy
- 17 Volcanic outflow
- 19 They're between kues and esses
- 22 Resistance unit
- 23 Letterman's network
- 24 "Go team!"
- 25 Man-mouse link
- 26 Stitch
- 27 Fleur-de- —
- 28 Table scrap
- 29 Shirt shape
- 31 Understood
- 34 Untie
- 35 Thriving
- 36 Sheep's call
- 37 Extemporizes
- 39 Actress Sevigny
- 40 Portent
- 41 Stow cargo
- 42 As a result
- 43 Satiated
- 44 Traditional tales
- 45 On
- 46 Own, Biblically
- 48 Expert

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

4	1	7	6	9	3	8	2	5
5	8	6	2	4	1	9	3	7
3	2	9	7	5	8	4	6	1
1	9	5	4	3	2	6	7	8
8	6	3	5	7	9	2	1	4
2	7	4	8	1	6	3	5	9
7	3	1	9	6	4	5	8	2
6	4	8	1	2	5	7	9	3
9	5	2	3	8	7	1	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

MUFFIN

Everytime I look in your eyes my soul comes alive, I feel I could touch the sky, You touch every part of my heart ... I knew it from the start, I adore you from the top of your head right down to the tip of your toes, I have told the world So everybody knows I love and adore you My Muffin Man Love Pie

FROM PIE

Forever Prince Charming My sweet Darling, I miss everything about you! I feel happier and stronger when I see yr bright smile... Xmas party is around the corner, wish you'll be there! I can't wait to be with you... Just a kiss will make my dream come true...

FROM C. L. SNOW WHITE

Today's horoscope

♈ Aries March 21-April 20 You will find it harder than usual to tell fact from fiction today, especially where relationships and other one-to-one contacts are concerned.

♉ Taurus April 21-May 21 Attitude is everything, especially on the work front.

♊ Gemini May 22-June 21 You would be wise not to make any big decisions or announcements today.

♋ Cancer June 22-July 22 You are in danger of making something appear bigger and more menacing than it really is.

♌ Leo July 23-Aug. 23 Don't be

too eager to make up your mind about something, because you do not have all the facts.

♍ Virgo Aug. 24-Sept. 22 You can usually be counted on to put logic before emotion, but today you will go right the other way and act on feelings alone.

♎ Libra Sept. 23-Oct. 23 Different people seem to be telling you conflicting things and you're at a loss to know who to trust. Trust no one.

♏ Scorpio Oct. 24-Nov. 22 You are reading too much into a situation that is really quite simple.

♐ Sagittarius Nov. 23-Dec. 21 If knowledge is power then it

For today's crossword answers and for expanded horoscopes, go to metronews.ca

stands to reason that the more knowledge you keep to yourself the more powerful you will be.

♑ Capricorn Dec. 22-Jan. 20 Someone is saying nasty things about you.

♒ Aquarius Jan. 21-Feb. 18 You could easily convince yourself to believe that you can do or say anything without repercussion, but that is a very dangerous attitude to take.

♓ Pisces Feb. 19-March 20 You may think that supporting a certain cause makes the world a better place, but is that really true?

© SALLY BROMPTON

Caption contest

"I ordered medium-rare.. this is practically alive!" TOMMY



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

THE WORLD IS YOUR PHOTO EXHIBIT

To submit your photos and for full contest details visit: metrophotochallenge.com

FLIGHT CENTRE *Unbeatable*

Anaheim Kids Fly Free, Air + 4 Nights

from **\$469⁰⁰** + taxes & fees \$119

INCLUDES 4 nights accom near theme parks.

BONUS kids fly and stay free when travelling with two adults.

1 866 519 5111 | flightcentre.ca

Conditions apply. Ex: Vancouver. 00Price is per adult based on quad occupancy (2 adults and 2 children ages 2-12) traveling together and staying in one room. Children are required to pay airline taxes. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #H02790

MEMBERS GET

UNLIMITED TALK & TEXT AND CANADA-WIDE CALLING.

Plus, get the smartphones you really want from \$0 on your Virgin Mobile SuperTab™.



Samsung GALAXY Gio™

\$0



htc Wildfire S™

\$0



LG OPTIMUS CHIC™

\$0

GET NON-STOP
BENEFITS
FROM DAY 1.

Visit virginmobile.ca/unlimited



IT'S BETTER TO BE A MEMBER



Limited time offer. Available on Talk and Text plans. Taxes not included. Unlimited text messaging is only valid when message is sent from Canada. Canada-wide calling is only valid when calls are made from Canada. Only valid on new activations with a 3-year term or on the Virgin Mobile SuperTab™. Cannot be combined with any other offers, unless otherwise indicated. Some phone models and colours may not be available at retailers. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners.